



Cape May County Department of Health

If you have influenza symptoms:

When should you seek additional help from a healthcare provider?

The symptoms of influenza are:

- Fever—low (100°F) to high (104°F), usually for 3 days, but may persist for 4 to 8 days. (Sometimes fever will go away and return a day later).
- Aching muscles
- Cough
- Headache
- Joint aches
- Eye pain
- Feeling very cold or having shaking chills
- Feeling very tired
- Sore throat, runny or stuffy nose

If you have any of the above symptoms: STAY HOME and ...

- Rest
- Drink fluids
- Take fever reducers (acetaminophen or ibuprofen)
- If you are a healthcare worker, call your supervisor to determine your next steps, including when you can return to work.**
- If you are in a high-risk category** (children younger than 5 years old, adults 65+, pregnant women, persons with certain chronic medical or immunosuppressive conditions, and persons younger than 19 years of age who are receiving long-term aspirin therapy), **see your healthcare provider as soon as possible to receive antiviral therapy, if appropriate.**

But IF you:

- Are unable to drink enough fluids (urine becomes dark; you may feel dizzy when standing)
- Have fever for more than 3-5 days
- Feel better, then develop a fever again

Or IF you:

- Become short of breath or you develop wheezing
- Cough up blood
- Have pain in your chest with breathing
- Have heart disease (like angina), or congestive heart failure
- Become unable to walk, sit up or function normally (others might be the ones to notice this, especially in elderly persons)

CALL YOUR HEALTHCARE PROVIDER

SEEK HEALTHCARE IMMEDIATELY

If your CHILD experiences any of the following, seek emergency care:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough